



Forests of Ae

Mountain bike trails

Facilities



Parking (charge)



Blue badge parking



Toilets



Accessible toilets



Waymarked Trails



Accessible trails



Mountain biking



Horses welcome



Picnic area



Viewpoint



Stay the night (8 spaces)

There is a charge to park at some of our sites
please refer to our website for details.

Location

Nearest postcode: DG1 1QB

How to get here:

Turn off the A701 at Ae Bridgend, following signs to Forest of Ae. You'll reach Ae village after about 2 miles (3km). Turn right at the Forest of Ae sign at the crossroads just beyond the village, then follow signs to the car park.

The mountain bike trails start at the Naze car park. To get there, go past the entrance to the main car park and continue along the road for about ½ mile (1km). Take the next left, signposted for 'Ae Valley car park'. There's also parking for horse boxes here.

Cycle route grading - Is this for you? Find the right grade for your abilities

Green: Easy ●

Expect: Relatively flat, wide and smooth trails. Gentle climbs, descents, rollers and berms, with easy to avoid features such as rocks and potholes. Surface might be loose, uneven or muddy at times.

Blue: Moderate ■

Expect: A mixture of climbs and descents with moderate gradients, technical features like tree roots and rock steps; jumps and berms. Rollable features at controlled speed. Variable surfaces.

Red: Difficult ▲

Expect: A mixture of steep climbs, descents and/or avoidable features. Larger jumps, berms and rollable features at controlled speed. Technical features such as tree roots, drop-offs and large rocks. Very variable surfaces.

Black: Severe ◆

Expect: Long and steep climbs, descents and jumps. Numerous hazards including drop-offs and severe features. Rapid rate of surface change. Commitment required.

Double-black: Extreme ◆◆

Expect: Very fast and steep descents. Large drop-offs, jumps and unavoidable obstacles that require high levels of skill and commitment. Extreme level of exposure or risk. Rapid rate of surface change.

Forest road & tracks

Expect: Gradients can be steep or variable. Surfaces may be uneven, loose or potholed. Navigation skills are useful (routes not always waymarked). Look out for other users, vehicles and forestry work.



Trail Information

Ae Valley Green Route

 **Easy | 9km | 5½ miles**
40% singletrack | Allow 1 - 1½ hours

Perfect for families, this trail takes you to a beautiful viewpoint overlooking the Water of Ae.

A great place to try out mountain biking for the first time, and perfect for families. There are sections of easy singletrack and forest road and only one brief sharp climb. You'll be rewarded with lovely views over the Water of Ae.

The Shredder Red Route

 **Difficult | 1km | ½mile**
100% singletrack

A downhill run that's a great ice breaker for newcomers to this discipline of mountain biking.

A downhill run packed with technical features. Each obstacle on The Shredder has an easier alternative so you can choose the best option for you based on your own mountain biking experience.

Craigshiels Blue Route

 **Moderate | 13.5km | 8½ miles**
20% singletrack | Allow 1 - 2 hours

Great if you are looking for something with a bit of added excitement and beautiful views of the valley.

Delve a little deeper into the forest, on this moderate route consisting of forest road and singletrack. Enjoy good views of the Water of Ae coupled with a fun ride.

Ae Downhill Double Black

 **Extreme | 1.6km | 1 mile**
100% singletrack

A downhill challenge with seriously gnarly rocky sections and exhilarating drop-offs to satisfy the most demanding of riders.

A steep and rocky start is followed by a highly testing off-camber descent on this trail designed to challenge even the most seasoned biker.

Ae Line Red Route

 **Difficult | 24km | 15 miles**
65% singletrack | Allow 1½ - 3 hours

A rocky ride through the countryside. The highlight of the route is the final descent with its multiplicity of jumps.

This cross-country trail is peppered with jumps, drop-offs and tabletops that are sure to put a smile on your face. Take the trail slowly if you want a gentler ride, or the more experienced mountain biker can tackle some of the big air possibilities.

Off-road cycling is a hazardous activity carrying some inherent risks. Please consider your skills, abilities and fitness carefully, and always make sure your bike and helmet are safe to use.



**Follow all signage, cycle safely,
enjoy yourself and come back soon.**

forestryandland.gov.scot/7stanes